Spiced Toasted Almonds

- An easy to prepare, crunchy & flavor packed snack.
- Helpful to have on hand during times of fatigue or decreased appetite.
- Try substituting different spices such as rosemary, cumin, or paprika.
- Recipe from www.AICR.org

Ingredients:
- 1 Tbsp. dried thyme leaves
- 1 tsp. kosher or sea salt
- 1/4 tsp. red (cayenne) pepper, or to taste
- 2 tsp. canola oil
- 2 cups whole, unblanched almonds
- Canola oil spray

Nutrition information (per serving):
223 calories, 7 gm protein, 19 gm fat, 7 gm carbohydrate, 4 gm fiber, 235 mg sodium
Directions:

1. Preheat oven to 400 degrees. In large, shallow bowl, combine thyme, salt, pepper and oil. Set aside.

2. Place nuts in medium bowl. While tossing with fork, lightly spray with canola oil so all surfaces are coated.


4. Toast until nuts are lightly browned and fragrant - about 8 minutes. Occasionally, shake pan to shift nuts and prevent scorching. (Be careful not to let nuts get too dark or they'll taste burned.)

5. Remove from oven and immediately add hot nuts to spice mixture. Stir for a few minutes to coat the nuts thoroughly. Taste and adjust the seasonings.

6. Serve warm or at room temperature. Nuts can be sealed and stored for up to two weeks, may be reheated in a hot oven. Makes 2 cups or 8 servings.